

Claims

WHAT IS CLAIMED IS:

1. Footwear comprising

a sole for supporting a foot,

an upper attached to the sole for covering the foot and adjoining ankle, said sole and upper defining an interior of the footwear  
5 sized and shaped for receiving the foot and ankle,

said upper having an outer shell forming an exterior of the footwear, an inner lining adjacent the foot and ankle when they are received in the interior of the footwear, and a compressible generally U-shaped pad positioned between the shell and the  
10 lining of the upper, said pad having a bottom section and a pair spaced-apart side sections extending up from the bottom section, said pad being sized and positioned in the upper such that when the foot and ankle are received in the footwear the bottom section of the pad is disposed immediately below a medial  
15 malleolus of the foot and the side sections of the pad extend along opposite sides of the medial malleolus up to at least about a distal neck of the tibia whereby upon movement of the foot and ankle in the footwear the pad is adapted to apply an intermittent pressing force to tissue of the ankle below and at opposite sides  
20 of said medial malleolus to reduce swelling of the ankle.

2. Footwear as set forth in claim 1 wherein the spacing between said side sections of the pad generally corresponds to the width of the lower end of the medial malleolus.

3. Footwear as set forth in claim 1 wherein the bottom section of the pad is curved to conform to the lower end of the medial malleolus.

4. Footwear as set forth in claim 1 further comprising an inside filler material between the shell and lining and between the side sections of the pad, said pad having a hardness and resistance to compression greater than that of said inside  
5 filler material.

5. Footwear as set forth in claim 4 wherein said inside filler material has a hardness at least 10 durometer units on the Shore C scale less than the hardness of said pad.

6. Footwear as set forth in claim 1 wherein said pad has a Shore C durometer in the range of 25-70.

7. Footwear comprising

a sole for supporting a foot,

an upper attached to the sole for covering the foot and adjoining ankle, said sole and upper defining an interior of the footwear  
5 sized and shaped for receiving the foot and ankle,

said upper having an outer shell forming an exterior of the footwear, an inner lining adjacent the foot and ankle when they are received in the interior of the footwear, and first and second compressible generally U-shaped pads positioned between  
10 the shell and the lining of the upper, each of said first and second pads having a bottom section and a pair spaced-apart side sections extending up from the bottom section, said first and second pads being sized and positioned in the upper such that

when the foot and ankle are received in the footwear the bottom  
15 section of the first pad is disposed immediately below a medial  
malleolus of the foot and the side sections of the first pad  
extend along opposite sides of the medial malleolus up to at  
least about a distal neck of the tibia, and the bottom section  
of the second pad is disposed immediately below a lateral  
20 malleolus of the foot and the side sections of the second pad  
extend along opposite sides of the lateral malleolus up to at  
least about a distal neck of the fibula, whereby upon movement  
of the foot and ankle in the footwear the first pad is adapted  
to apply an intermittent pressing force to tissue of the ankle  
25 below and at opposite sides of said medial malleolus and the  
second pad is adapted to apply an intermittent pressing force to  
tissue of the ankle below and at opposite sides of said lateral  
malleolus to reduce swelling of the ankle.

8. Footwear as set forth in claim 7 wherein the  
spacing between said side sections of the first and second pads  
generally correspond to the width of the lower end of the medial  
malleolus and to the width of the lower end of the lateral  
5 malleolus, respectively.

9. Footwear as set forth in claim 7 wherein the bottom  
sections of the first and second pads are curved to conform to  
the lower end of the medial malleolus and to the lower end of the  
lateral malleolus, respectively.

10. Footwear as set forth in claim 7 further  
comprising an inside filler material between the shell and lining  
and between side sections of the first and second pads, said pads  
having a hardness and resistance to compression greater than that  
5 of said inside filler material.

11. Footwear as set forth in claim 10 wherein said inside filler material between the side sections of each pad has a hardness at least 10 durometer units on the Shore C scale less than that of said pad.

12. Footwear as set forth in claim 11 wherein said pad has a Shore C durometer in the range of 25-70.

13. An insert for footwear comprising

a compressible generally U-shaped pad having a bottom section and a pair spaced-apart side sections extending up from the bottom section, said pad being sized for placement in footwear such that  
5 when a foot and ankle are received in said footwear the bottom section of the pad is disposed immediately below a medial malleolus of the foot and the side sections of the pad extend up along opposite sides of the medial malleolus to at least about a distal neck of the tibia whereby upon movement of the foot and  
10 ankle in the footwear the pad is adapted to apply an intermittent pressing force to tissue of the ankle below and on opposite sides of said medial malleolus to reduce swelling of the ankle.

14. An insert for footwear as set forth in claim 13 wherein the spacing between said side sections of the pad generally corresponds to the width of the lower end of the medial malleolus.

15. An insert for footwear as set forth in claim 13 wherein the bottom section of the pad is curved to conform to the lower end of the medial malleolus.

16. An insert for footwear as set forth in claim 13 wherein said pad has a Shore C durometer in the range of 25-70.